A shoe, in particular a children's shoe, having an outsole (1) and an upper part (22) that is connected thereto, the outsole (1) in the area between the forefoot (2) and the back of the foot (3) having a contraction (5), does not of its own accord sufficiently promote the natural rolling motion of the foot when the foot is in motion and when the child takes its first steps.

10

As a result of the fact that the outsole (1) in the area of the contraction (5) has a connecting area (4) having a degree of flexibility such that a torsion of the forefoot with respect to the back of the foot is impeded as little is possible, and that, in the area (10) of the forefoot (2), the outsole (1) is provided with a high degree of flexibility with respect to the motion of the foot as a result of a corresponding profiling (9), the natural motion of the child's foot can be maintained, while simultaneously providing sufficient protection for the child's foot during walking.

(Figure 1)